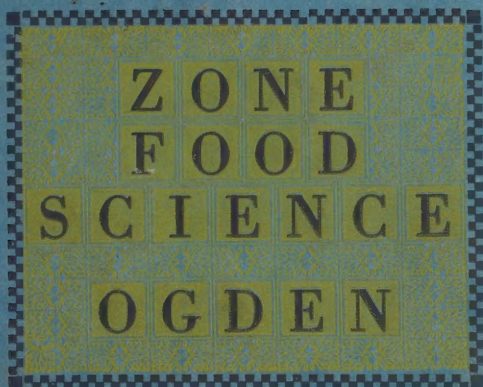


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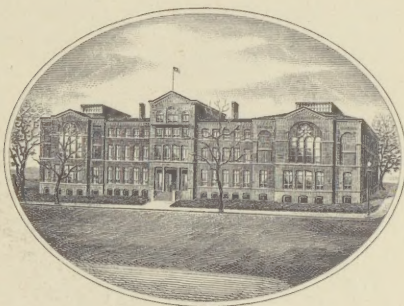


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ZONE FOOD SCIENCE

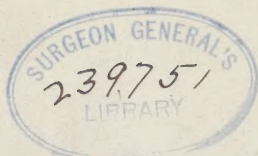
— By —

La Verne G. Ogden, A. B.

Author of "Zone Food Science,"
Originator of "Correlated Breathing
Science," Founder President and
Director of the Ogden Health Institute,
Andrews Building, Cincinnati, Ohio.

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I HAVE no theory to advance nor any apology to offer for the appearance of *Zone Food Science*. In the past many food books have been published advancing many theories concerning food values, yet these books have failed in their mission because the vital principle of proper food selection was not understood. The fact is, we have been theorizing too long and it is high time to cease theorizing, come to our senses and get down to the hard, actual facts that govern food and it's relation to the general health.

The food problem has always been a stumbling block. Ignorant of the effect of food combinations on the general health, the human family has gorged and gorged the stomach with all kinds of food mixtures until, alas, it has been made a garbage can instead of a recepticle for food to generate health and energy. In the wake of this gluttony sickness has followed. Then to right the harm done, the system has been dosed with medicines, sans number, in the hope of obtaining a cure. It is generally conceded that medicine has hopelessly failed to right the wrong. In my judgment it is the extreme height of folly to dose the system with medicine when the real cause of the ailment lies in the wrong selection of food. The sensible method of treatment is to remove the cause and the ailment will disappear. People generally rebel against any sane advice on the subject of diet. Just because certain foods taste good they gorge to overflowing and then wonder why they become ill. It is conceded by the

F O R E W O R D

majority of physicians that about ninety-five per cent of human ills have their origin in the stomach. Usually the first two questions asked by physicians when called to attend a patient are, let me see your tongue and how are your bowels. The tongue is a good mirror of the condition of the stomach and since it is conceded that most sickness originates in the stomach, the only conclusion I can come to is that the improper selection of foods is the direct cause of most of our ailments.

It is the author's aim to set forth the principles of Zone Food Science in a clear and concise manner in order that all may benefit thereby. The fundamental principles of Zone Food Science originated with me several years ago after a serious illness. After thoroughly testing the principle myself and applying it to hundreds of severe cases of stomach disorders without a single failure, I now offer it to the general public. It is with unwavering confidence in the principle that I send this little book forth well knowing that it will give health to those who will adopt the principle and follow it.

Sincerely,

LAVERNE G. OGDEN, A. B.

Zone Food Scientist and Correlated Breathing Scientist.

Andrews Building,

Cincinnati, Ohio,

August, 1920.

THE food problem has always been and will continue to be of vital interest to man. It has been said that, "the fate of nations depends on how they are fed." As a nation is an association of individuals, one's success or failure is determined largely by the nature of the foods eaten. The functions of food are to yield energy, build tissue and regulate the body processes. To carry on these functions and to maintain harmony in the digestive tract, great care must be given to the proper selection of food. The reason is obvious. Some food combinations promote digestive harmony, while other foods fight each other and produce serious digestive disturbances. The sour stomach, the belching of gases, the palpitating heart, nausea, coated tongue, frequent headaches and bilious attacks indicate a serious disturbance in the alimentary canal. So common is indigestion that few escape it. The remedy is simple. Exercise good judgment in the selection of foods and the system will remain in a normal condition.

The question naturally arises, "how can I know what foods to select?" Let Nature answer. Certain foods grow in one region and other foods grow in another

and so on the world over. Foods are to be eaten in the region where they grow. In early days, prior to the development of transportation facilities, our forbears raised their foods and fared quite well on them. They were a strong, sturdy, healthy race of people and suffered little with digestive disorders that are so common today. The development of transportation facilities to a high state has brought foods from all parts of the world to our markets. In our cities one can dine as they do in Tokio, Hongkong, Berlin and London if they have the price. Since transportation has made it possible, the chief aim of food venders has been to keep the markets well stocked with native and foreign foods. Their purpose has been not to promote the health of the people but to fatten their purses. A great variety of foods are offered for consumption today. And it may be said that human ills have increased in proportion to the increase in the variety of food products. Variety always tends to overeating and overeating deranges the digestive system causing many serious ailments. The remedy lies not in the multiplicity but in the simplicity of foods—a return to the simple method of eating that prevailed among our forefathers.

Z O N E F O O D S C I E N C E

What are the facts? Geographically, the Northern as well as the Southern hemisphere is divided into three zones—the Frigid, Temperate and Torrid. These zones produce foods according to the nature of the soil and climate. Flowers do not flourish in the Frigid, neither do Polar Bears in the Tropics. Acid fruits abound in the Tropics, but not in the Temperate and Frigid zones. Non-acid fruits and cereals flourish in the Temperate zone. Each zone produces the products on which the natives thrive best. Just as the products of the different zones differ, so do the people of the respective zones differ in temperament and civilization. The Temperate zone furnishes the brains that run the world. The inhabitants of the different zones should eat only the food products that are native to the zone in which they reside. The mixing of the different food products of the different zones has been and is the source of much sickness and poor health. As most of our ailments originate in the stomach, the underlying cause must be wrongly selected foods. As soon as you begin to mix the various products of the different zones out of season, you will start trouble in the stomach. As proof of this, eat a meal composed of the

fats, oils and whale blubber of the Frigid, the starches of the Temperate and the coffee and acid fruits of the Torrid and note the effect on the system. The Eskimos could not exist on the acid fruits and products of the Tropics. The Frigid zone requires oils and fats to furnish heat and energy. Likewise feed the people of the Torrid Zone the fats and oils of the Frigid and sickness follows. The people of the Tropics need the acid fruits and coffee for stimulating owing to the inertia caused by the intense heat. People living in the Temperate Zone should not drink the coffee or eat the acid fruits of the Torrid. The products of the two zones will not harmonize and stomach disorders follow. In extreme hot weather when the thermometer registers 90 to 100 degrees in the shade, the inhabitants of the Temperate zone can eat freely of the acid fruits of the Torrid but at no other season of the year. Temperate clime people can drink lemonade freely during the heat of summer but at no other season of the year. If the residence is changed from the Temperate to the Torrid, change the diet to the food products of the Torrid. Likewise, if the residence is changed from the Torrid to the Temperate or Frigid zones, change the diet to the products

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of these zones. No matter where you happen to reside, change to the products native to the region. Thus, the underlying principle of Zone Food Science is, determine the foods native to the region and eat moderately only of these foods.

The most uncommon thing in the world is common sense in regard to eating. Never gorge the stomach. Always leave the table feeling that you could eat a half more than you have eaten. It is far better to feel a little lank and loose under the waist belt and have good health than it is to be sick from gormandizing. Remember, what and how you eat in ninety-nine cases out of every one hundred determine the state of health. One cannot afford for the sake of gratifying a depraved appetite to overload the stomach with food concoctions that produce sickness. Apply common sense and judgment to the principle of right eating and health will be yours.

Zone Food Science Insures Better Health.
Correlated Breathing Science Builds Human Energy.

MANY American homes spend enough money during the year on unnecessary foods, medicines and doctor bills to clothe the family. The chief purpose of food is that it shall repair the body and produce heat, strength and energy. Food taken in excess of what the body requires is detrimental to health. The body demands four kinds of foods—(1) Carbohydrates (Starches), (2) Fats (Cream, butter, bacon, fat in meats, oil, etc.), (3) Proteids (meat, eggs and cheese), (4) Mineral salts found in vegetables. The Carbohydrates supply the body with heat and energy, the Proteids furnish the materials which build the body while the Mineral Salts give stability to the skeleton. The system can digest very little Proteid matter and when taken in large quantities, rheumatism, gout, and skin disorders result. The different foods should not be mixed (see chapter on Zone Food Science).

The vast majority eat twice as much food at a meal as is necessary to maintain health and strength and keep the body in good repair. Overeating is our weakness and the following illustration fully illustrates the overeating habit. The

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essentials of a hot fire are a clean fire box, a few pieces of dry kindling, a little coal and a good draught. Apply a lighted match and heat and energy result. To the hot fire produced by the combustion of essentials, add such unessentials as water-soaked wood, a bucket of watery mud, then close the draught and the fire is smothered. It will smoulder and produce a great deal of smudge and smoke but little heat and energy. As dry kindling, coal and air are the essentials of a hot fire to produce heat and energy, so is one or two properly selected native foods for a meal the essentials of health and strength. It is the custom in most families, after the essentials have been eaten, to gorge the system with unessential foods,—tea, coffee, pie, cake, doughnuts, ice cream, and fancy desserts—which smother out the health and energy that would be produced by the essentials, double the cost of living and produce sickness. Added to the doubled cost of table maintenance, there is the further unnecessary expense of doctor bills and medicines to rid the system of the conglomerated food mass. Besides this there is the mental and physical incapacity for efficient work and the loss of

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time from sickness. Sum up the whole food proposition in the light of common sense and the conclusion will be reached that it is a burdensome expense to over-eat. One should eat to live, enjoy good health and a keen mind and not merely live to gormandize and gratify a depraved, uncontrolled appetite.

I repeat the assertion made in the beginning that the unnecessary expense would clothe the family. In the average home, extravagance reigns supreme. In her haste to prepare a meal, the housewife calls up the grocery and orders the desired foods. Whatever the appetite happens to dictate is ordered. No advance thought was given to the cost of the meal about to be prepared. Look over the order and there will be found several expensive food products when one expensive food with others less expensive would suffice. The buying for the home is a hit and miss proposition throughout. The home menus should be as carefully thought out and planned as the menus of hotels and restaurants. Were hotels and restaurants run on the same plan as the average American home, they would soon become

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bankrupt. Hotel and restaurant managers figure the cost of a meal even to the fraction of a cent. If this is necessary in public eating places, then it is doubly necessary in homes where the income is limited. A little thought given to home extravagance will save many a dollar and add greatly to the health and happiness of the members of the household. At least it is worth an honest effort.

To reduce the expense of table up-keep, it is a good plan to prepare in advance the menus for one week. By so doing the meals can be well balanced, waste can be avoided and money saved for other purposes.

Zone Food Science Insures Better Health.
Correlated Breathing Science Builds Human Energy.

T H E H U M A N B O D Y

THE human body is a wonderfully constructed organism. It may be called (for illustration purposes) a complete manufacturing plant. The several departments—the lungs—heart—stomach—bowels—liver—kidneys—and skin are delicate organs and require delicate treatment. The vital organs can be made to function for health or disease according to the care given them. As the raw materials used in a manufacturing plant and the workmanship determine the nature of the product, so does the food that is fed into the human furnace and the care of the body determine the state of the health. Violate Nature's laws of food science and just as sure as the sun shines ill health will follow. On the other hand adhere closely to Nature's laws in supplying the human factory with the proper amount of rightly selected foods and health will flow in a never-ending stream to promote happiness.

Perfect elimination is the secret of good health. The channels for eliminating the toxic poisons are the lungs, skin, kidneys and bowels. To enjoy vigorous health these channels must be kept in a perfect functioning condition. The lungs

Z O N E F O O D S C I E N C E

must be kept in vigorous condition through Correlated Breathing Science in order to purify the blood and expel the Carbon Dioxide poison; the skin, next to the lungs, must be kept in an active condition to prevent auto intoxication; the kidneys and bowels require attention to keep them functioning properly. When one or more of these channels become inactive and clogged up, the toxic poison is retained in the system and produces a stagnant, unhealthy condition of the blood and tissues often resulting in serious illness.

It is an easy matter to keep the channels of elimination active. Drink water freely to enable the kidneys to function properly; follow the constipation diet to regulate the bowels and practice Correlated Breathing Science to keep the lungs and skin active. This plan insures perfect elimination of the toxic poisons and a healthy body.

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I N T E R N A L E X E R C I S E

THOUGHTFUL men and women know that exercise is absolutely essential to enjoy good health, but the kind of exercise they require is often the puzzling question. The people of sedentary occupations have little need of large, cumbersome, external muscles, but they require strong internal muscles and strong, active vital organs. The housewife with her many duties gets considerable nerve racking exercise, but at no time does she get the kind of exercise that will calm and soothe her overwrought, tired nerves. What the housewife and other sedentary workers require is a form of exercise that will build strong, active lungs, a strong heart, and produce a natural, healthy action of the stomach, liver, kidneys and bowels. The best form of exercise yet devised to develop and strengthen the vital organs is *internal exercise*, which gently exercises the internal body.

The vital organs should be thoroughly exercised daily. They require motion and squeezing. Internal exercise stirs up, kneads and massages the vital organs and renders them strong, vigorous and healthy. Perfect digestion, absorption

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and assimilation require an abundance of pure, rich blood. The flow of blood to the vital organs is greatly accelerated by internal exercise. The stomach and intestines are composed of muscles which require action and exercise to keep them healthy. Their natural action is termed—"Peristaltic Action"—a peculiar worm-like movement which pushes along the contents of the intestines. In sedentary people the peristaltic action grows weaker and weaker and finally fails to move the contents of the intestines. The fecal matter lies dormant and constipation with its attendant ills—blurred vision, nausea, biliousness, dizziness, nervousness, sleeplessness, headaches, lack of ambition and that tired-draggy-all-in-feeling,—result. Internal exercise strengthens the muscles of the stomach and intestines, restores the peristaltic action, massages the digestive organs, stirs up the contents of the stomach, mixes them with the digestive fluids and assists the process of digestion; it massages the liver forcing out the secretional bile, changes the circulation in the kidneys and enables these organs to function perfectly. Internal exercise produces perfect digestion and bowel action, improves the circu-

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lation, nourishes the nerve cells, builds up nerve force and mental vigor. It does away with hard, strenuous exercise, opens up the body's sewerage system, overcomes auto intoxication, insures perfect elimination of toxic poisons through the natural channels—the lungs, skin, kidneys and bowels. Internal exercise is an easy road to health. The best plan ever offered for developing internal exercise is the Ogden System of Correlated Breathing Science taught by mail in a series of five personal, individual lessons.

Could the reader but partially realize what internal exercise will do for him in the upbuilding of his mental and physical energy, he would not let an hour pass until he mailed me his order for my course. It insures health, endurance and power.

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THE importance of right thinking on the digestive process and the general health cannot be over estimated. Worry and fear are two deadly enemies of health and happiness. Worry sets loose poisonous humors in the alimentary tract which interfere with digestion and rob one of energy. When one is worried, weary, and tired out, food should not be taken into the stomach. It is far better to miss a meal than to admit food when one is in a worried, depressed mental state. Food taken under these conditions only adds to the seriousness of the mortal upset. Cheerfulness and an even mental state should be cultivated. If the mind is constantly dwelling on a particular ailment, brain cells which aggravate the trouble are developed. The Will should be called on constantly to force right thinking. It is true, it requires an effort to break the worrying habit but if one will keep cheerful and look on the bright side of life, brain cells will be developed that will produce health and happiness. Worry should be fought like one would fight to put out a fire that was destroying his home. Most of our worries are needless, then why worry as it only ruins the health. The

simplest rule to follow in breaking the worrying habit, is to dislodge the worrying thought by doing something else. The moment a worrisome thought enters the mind, kick it out before it masters you. Be a mental master and not a weak, vacillating whiner. Thousands go insane while other thousands go to untimely graves because they worry over trifles. Many people make no attempt to banish worry or to control the temper. At the slightest provocation they fly into a rage. If one becomes angry at every little thing, it reveals a very weak will power. If one never puts forth an effort to attain a well balanced mental state, the influence that individual will exert on others will be trifling. If one cannot control himself, it is certain that he cannot control anyone else. A strong will enables its possessor to be calm in victory and sober in defeat. Exert the Will and be a person of some force of character. A weak, vacillating dispositioned individual never accomplishes anything worth while. Think right thoughts, cultivate cheerfulness, decide upon a certain course, then execute it with all the vim and vigor you possess. By so doing one will gain strength and become a master. You are the

M E N T A L I N F L U E N C E

architect of your own fortune, health and happiness. You can be strong, healthy and happy, if you have enough will power to think right, eat right, bathe right and breathe right.

Two classes of people—the pessimists and the optimists—make up the world. The pessimists are a draw-back to any community. They waste their time knocking and accomplish little. The optimist is a valuable asset to any community. He is thoughtful, speaks well of others and does his duty in making the world better. The world today needs more optimists and fewer pessimists. The optimist employs his mental influence to uplift others, while the pessimist employs his mental influence to ruin others. Be an optimist.

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MANY bad habits and imaginary diseases can be overcome with auto suggestion which is nothing more than talking to oneself before entering the sleeping state. The human mind is very much like an alarm clock. It can be set to do almost anything that one desires to accomplish. For instance, upon retiring, concentrate the mind very definitely on this suggestion, "I will awaken at six o'clock," and if the concentration is definite enough, precisely at six o'clock, the eyes will open. The suggestion may have to be repeated many times and it may require several days until one can concentrate on the suggestion to the exclusion of all other thoughts. After one develops the concentration to the point where he can arouse himself from slumber at any hour he desires, then apply the principle of auto suggestion to any habit or ailment. If one is nervous, concentrate the mind on this suggestion, "Tomorrow I will not be nervous," and let this be the dominant thought in the mind as the sleeping state is entered. Keep repeating the suggestion the next day. No matter what the trouble is, word the suggestion so as to counteract the trouble. If one persists the results will

be astonishing. Let the suggestion be the only thought in mind as you go to sleep. Whatever you desire to accomplish, frame a suggestion to suit your purpose and fasten it definitely in mind. Keep everlastingly at it and success will crown your efforts. Put determination into all of your work. Lie down once or twice during the day for ten minutes and practice concentrating on the thing in which you are the most interested. The thought you have in mind as you go to sleep will exercise a powerful influence over you the next day. Never retire while angry as you will be hateful in the morning. Concentrating the mind on some beautiful thought will improve the disposition to a marvelous extent. As you think, you are. Daily practice of auto suggestion will improve one wonderfully. Life will hold a brighter outlook for one who thinks right and strives to banish bad habits by the power inherent in the mind. A great aid, in attaining right thinking, clearness of mind and the power of concentrating is correct breathing. The Ogden System of Correlated Breathing Science will make one more fit mentally and physically for the battles of life and promote health, strength and happiness.

LUNG CULTURE IMPORTANT

NOT one person in ten realizes the essential part oxygen plays in the digestion of food. The lungs constitute the purifying plant of the human machine. Certain facts show that the lungs are the weakest organs of the body. United States Government statistics state that one out of every three people dies eventually with some disease of the lungs. The majority are afflicted with catarrh which shows a low degree of lung culture. In nineteen years of experience I have found that Correlated Breathing Science will increase the average chest measurement two to five inches in a few weeks—a convincing fact that the lungs are the weakest organs and sadly in need of development. These facts reveal that the great majority are far below normal in lung capacity. The average man's idea of breathing science is to inhale a long breath, then exhale it. The fundamental principle of breathing science is grossly misunderstood by the medical profession and laity as well, yet all agree that right breathing is the life of the body. Important as correct breathing is to health, not *five people in a hundred* know how to breathe correctly or use the full capacity of the lungs. The vast majority do not

LUNG CULTURE IMPORTANT

use even *two-thirds* of the lung area. Owing to this lack of oxygenation, the blood becomes very stagnant and destructive poisons are retained in the body. In the lungs oxygen oxidizes or burns the decayed cells, reduces them to ashes and they are expelled as Carbon Dioxide poison. The retaining of the poisonous substances in the blood and tissues is very destructive to health. Correct breathing serves the same purpose in the human organism in furnishing energy as steam does in an engine. To maintain the speed the engineer must have a full head of steam. In like manner does the efficiency of the human organism depend on rightly selected foods and the activity and full capacity of the lungs to supply an abundance of oxygen to burn or oxidize the food and convert it into energy. Perfect digestion and assimilation demand a copious oxygen supply. Without this abundance of oxygen, the food only partially digests, lies dormant and foment. Hence, the food must be thoroughly oxidized or burned. To accomplish this all-important factor in digestion, The Ogden System of Correlated Breathing Science insures one hundred per cent lung capacity and

LUNG CULTURE IMPORTANT

affords an abundant supply of oxygen to oxidize the food, thereby perfecting the digestion and greatly increasing the efficiency of the human machine.

AMERICA'S FOLLY

The Americans consume more sweets than the people of any other nation. The present age can be called an age of excessive sugar eating, of rich candies, cakes, ice cream and the various ice-cold drinks. It is an age also of decayed, rotten teeth. The prime cause of the American's decayed teeth is the excessive use of sweets which derange the stomach and produce an acid stomach. This acid condition affects the teeth and causes them to decay. As proof of this I offer the fact that as long as the Eskimo confines his diet to the native products he has no tooth trouble, but when he adopts the modern foods, the services of a dentist are soon required. It pays to eat right to preserve the teeth.

Zone Food Science Insures Better Health.
Correlated Breathing Science Builds Human Energy.

C O N S T I P A T I O N D I E T

MORE people are afflicted with constipation than any other single ailment. Few escape its ravages. The causes are many. Coffee, Tea, lack of water drinking, neglect in stooling, straining at stool, gluttony, white flour pastries, nervousness, lack of the proper amount of fruit in the diet, lack of oxygen and exercise, rapid eating and worry tend to choke up the colons and produce constipation. The only sure way to overcome constipation is a rightly balanced diet and Correlated Breathing Science. The following diet plan (if faithfully followed) will conquer the most stubborn cases in a few weeks.

D R I N K S

Omit tea, coffee and sweet milk altogether. Upon arising drink one quart of either hot or cold water and follow this with a glass of water every hour during the day. Copious water drinking is absolutely necessary. Make it a rule to drink around a gallon of water daily. If a hot drink is desired with the meals, prepare one of the following: Place a rounding teaspoonful of Instant Postum in a cup, fill seven-eighths full of boiling water, add a little

C O N S T I P A T I O N D I E T

cream and sugar and drink while hot; or fill a cup one-third full of milk and add hot water and a little sugar. These drinks are easily prepared, inexpensive and very healthful.

F R U I T S

Rightly selected fruits in abundance are absolutely necessary in remedying constipation. One-half of an orange, three or four prunes, or a small service of other fruits do not constitute enough fruit. The morning meal should consist almost entirely of native ripe, raw or stewed fruits. A pint to a quart of native fruits should be eaten at breakfast. Raw fruits in season or properly canned fruits serve the same purpose. In selecting fruits determine the zone and eat only of native fruits. For instance, in the North Temperate Zone, the native fruits are apples, peaches, pears, quinces, cherries, plums, grapes, strawberries, blackberries, raspberries, etc. The above are non-acid fruits and will harmonize with the starches of the North Temperate Zone. In cold weather such fruits as grape fruits, pineapples, legumes, apricots, lemons, sour oranges and bananas should not be eaten as they contain too much acid

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and will not harmonize with the starches and fats. They grow in the tropics and should be eaten only in extreme hot weather. Lemonade can be used to good advantage during the hot summer months. Apply the Zone Food principle in selecting fruits and the stomach will not offend so much. If the stomach is kept sweet, the possessor of it will find little difficulty in keeping sweet and in being pleasant to those about him. A sour, gas-bloated stomach works havoc with the disposition and causes untold misery.

C O F F E E A N D T E A

The annual household expense of coffee and tea is an extravagant waste of money. They contain no food value whatever. The drinking of these poisonous beverages enslaves millions. Quite innocently people drain to the very dregs the coffee cup and tea cup, little thinking that the drugs in tea and coffee impair the nervous system, seriously affect the stomach and decrease the energy of the human machine. Coffee, tea and starchy rolls have put many in their graves with acute indigestion. Ask the average tea and coffee drinker to give up the habit and

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invariably the reply is, "I must have my coffee or tea in the morning or I have a severe headache." This statement is ample evidence of the hold these beverages have on the addicts. It is far better to have a headache for a few days than to be in ill health throughout the years of life. Coffee contains the drug Caffein, a powerful stimulant, while tea contains Tannin, another powerful stimulant, neither of which should enter the stomach of Temperate and Frigid Zone people. The very moderate use of these beverages is very detrimental to health. Even one cup in the morning is enough to upset the stomach and nerves and cause one to tire easily. Headaches, biliousness, torpid liver, gastritis, indigestion, kidney ailments, constipation, sleeplessness, nervousness, heart palpitation, lack of energy and the feeling of exhaustion upon arising in the morning, sour stomach, the belching of gases and the lack of vitality generally accompany sooner or later the use of these poisonous beverages. The choice is between these beverages and good health.

The use of tea and coffee is permissible only when one requires a stimulant to perform some mental feat.

C O N S T I P A T I O N D I E T

FRIED FOODS

The coffee pot, tea kettle, and frying pan are three destructive agencies of health. In many homes the common way of preparing foods is to slap them in a frying pan and grease them up until they are unfit for the stomach. The mother who has the health of her family at heart will not fry foods. The healthful way of preparing foods is boiling. Place enough water over the vegetable or meat and allow to simmer down. Never drain the broth of the meat or vegetable in the sink as you throw away the valuable part—the mineral salts which the body needs badly. Make use of the broths in gravies or in some other way. Enough said. A word to the truly wise is sufficient. Do away with the above utensils and improve your health.

BREAKFAST

In remedying constipation the breakfast is the important meal. It should contain four elements—bulk, liquids, lubrication and stimulation. Upon arising drink one quart of either hot or cold water. Every other morning eat two heaping tablespoonsful of scalded wheat bran with a little cream and sugar. Along with the

C O N S T I P A T I O N D I E T

bran eat one pint (at least) of stewed or raw native fruit. One or two soft-boiled eggs (never fried), a cup of postum or hot water. Omit white flour pastries altogether and eat freely of corn bread, bran bread, bran gems, graham gems, and corn meal muffins with butter and honey. The other mornings in place of the bran, eat two shredded wheat biscuits prepared as follows: First salt them a little, then scald them, drain off water (immediately) and add a large lump of butter and a little sugar to each biscuit. Eat a pint to a quart of native stewed or raw fruits, drink a cup of Postum, one or two soft-boiled eggs and any one of the gems (mentioned above) with butter and preferably strained honey. If living in the Temperate Zone, refer to the chapter on fruits for native fruits. In place of the bran or shredded wheat, secure at the flour mill five to ten pounds of plain cracked wheat. Steam a portion of it in a double boiler and eat an ordinary oyster bowl full with butter and a little sugar. An excellent fruit mixture is made as follows: Stew together one pound of seedless raisins, one pound of prunes and a half pound of figs. Eat a large bowl of the mixture with the bran, shredded wheat

C O N S T I P A T I O N D I E T

or cracked wheat. Always include the cup of Postum, the butter and honey and fruit in abundance in the morning meal.

L U N C H E O N

The noonday meal should contain plenty of bulk but no meats or white flour pastries. Any of the bran, graham or other gems mentioned above, with butter and honey. A pint of Postum or a pint of buttermilk. Baked, boiled, mashed or creamed potatoes and one or two stewed vegetables such as carrots, beets, onions, cabbage, peas, beans, pasnips, etc. Office workers and brain workers should eat a very light lunch. One vegetable, one or two gems and a glass of water or a cup of Postum.

D I N N E R

In severe cases of constipation of long standing the evening meal should be the same as the breakfast outlined above. Plenty of bran, shredded wheat, cracked wheat, bran gems, bran bread, graham gems with butter and honey, fruit in abundance and Postum. In milder cases the evening meal can be made up of a broiled steak, roast beef, mutton, baked

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chicken or fish and an abundance of green foods, such as lettuce, spinach, green string beans, green peas, vegetable salad (without vinegar) stewed onions. In fact green foods of all kinds. When eating meat or cheese eat only green foods as suggested. Avoid bread, potatoes, pie, cake, doughnuts—in fact everything but the green foods. The bran or graham gems with butter and honey, the pint of Postum or buttermilk should accompany either of the evening meals selected.

N O T E

The foregoing diet outline has proved successful in the great majority of cases in breaking up the worst cases of constipation. It is a splendid diet outline for one not so afflicted. In many cases where the bowels have been weakened by serious illness such as influenza, grippe, fevers, operations, etc., or where the case is of years standing it has been necessary for the patient to take my system of Correlated Breathing Science in order to strengthen the stomach and bowels and induce normal action—in fact nearly all, who study and follow my Zone Food Science take up my Correlated Breathing

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Science in order to become fully efficient mentally and physically. My Correlated Breathing Science is taught by mail in a series of five individual applications.

T H E L I V E R

The chief function of the liver is to secrete a bright, golden red fluid called bile which aids the digestive process. Quite frequently the liver becomes lazy from overeating and lack of activity and the free flow of bile into the alimentary canal is impeded. When this free flow is checked by a lazy liver (or popularly called torpid liver) the contents of the alimentary canal undergo certain changes which leads to the development of various products, especially ill-smelling gases. Like the other vital organs the liver needs oxygen and stimulation. A lot of hard exercise is not necessary to arouse the liver into action. The Ogden System of Correlated Breathing Science supplies the liver with an abundance of oxygen and provides a very free flow of bile into the alimentary canal, thereby improving the digestion and rendering the liver normally active and healthy. One endowed with a healthy, active liver is always healthy and happy.

AFTER EFFECTS OF THE "FLU"

THE Influenza numbers its victims far into the thousands. It has ravaged the human family in a pitiless manner and left a train of ills in its wake that are very serious. There is considerable doubt as to what the disease really is. Some hold the opinion that it is nothing more than the old-fashioned Grippe while others are divided in their opinions as to its real nature. It has been termed a disease of the "crowd" yet scores who did not frequent the "crowds" have succumbed to the disease. Whatever the real nature of the disease is, it has baffled the most skilled practitioners. It has been argued that the "Flu" seemed to attack only the strong, vigorous and healthy people. To the casual observer, this might appear true but a closer observation will show the reverse to be the case. The majority of large, flabby muscled, overweight men and women are vitally weak and possess a low degree of resistant power. Their bodies are fertile soil for most any disease. Let it be remembered that large, flabby muscles, inactive lungs and an excess of fatty tissue do not constitute vigorous health, but generally the opposite. My personal observation of many cases leads me to the

AFTER EFFECTS OF THE "FLU"

conclusion that people of low vitality and feeble resistant power fall ready victims of the disease. In many cases the attack was followed by pneumonia which shows a low degree of lung power. In the average man or woman, fully one-third of the lung cells are inactive. These inactive air cells are breeding places for disease. To possess a strong degree of resistant power all of the air cells of the lungs must be kept active and the full capacity of the lungs utilized. Add to this lack of lung capacity, a foul, inflamed, gas-bloated stomach, constipation and catarrh and the system is a veritable hot-house for disease. With the channels of elimination clogged up, stagnation is sure to follow. People in this condition possess very little disease resisting power. It is little wonder that thousands whose internal condition was badly disordered, fell easy prey to the disease. There is a scientific way to avoid the disease and correct the after effects. The important requirement is to improve the general health, increase the capacity of the lungs to normal by practicing Correlated Breathing Science and regulate the diet by following Zone Food Science. Should the reader be suffering with such after effects as a

AFTER EFFECTS OF THE "FLU"

weak heart, weak lungs, constipation, a catarrhal condition, lack of energy and general weakness due to the "Flu" or other diseases, my system of Correlated Breathing Science insures speedy recovery from these weaknesses. Correlated Breathing Science produces full lung activity and capacity, builds up the resistant power and affords the best protection known against future attacks of the "Flu." Not one of my many local clients who have taken my system of Correlated Breathing Science has ever suffered an attack of the "Flu." This is proof positive that when the full capacity of the lungs is utilized, they possess sufficient resistant power to ward off disease.

One can build up his resistant power to a high degree. For twenty years the author has been free from colds, catarrh and bronchial trouble. I attribute this splendid physical condition to the fact that I employ my full lung capacity daily by practicing Correlated Breathing Science.

Zone	Food	Science	Insures	Better	Health.
Correlated Breathing Science Builds Human Energy.					

A GREAT many people are natural gluttons. It seems utterly impossible for them to control the appetite. As long as there is any food in sight, they haven't enough will power to stop eating. As long as they can crowd in another bite, they munch and munch until they become shaped more like barrels than human beings. They put all kinds of food mixtures and concoctions into the stomach at one meal. These food mixtures set up fermentation in the stomach and intestines. Poisonous gasses form and fill the stomach and intestines even to bloating. The delicate membranes become highly inflamed and the inflammation produces an unnatural craving (not appetite) for food mixtures to satisfy it. The victim of gluttony feels hungry all of the time and cannot eat enough to satisfy the craving. The glutton feels dopey, possesses little energy, considers life a burden and is of little use to the community. To one in this condition I recommend the Mono Diet. The underlying principle of the Mono Diet is to eat only one article of food at a meal and that in moderation. The Mono Diet has converted many a lazy glutton into an individual of usefulness and energy.

T H E M O N O D I E T

HOW TO PROCEED

In severe cases of stomach disorders, it is best to fast for seven to ten days. If the fasting plan is adopted, drink freely of water but take no other nourishment during the fast period. It is best to fast until the tongue clears to a bright red color. The third and fourth days are usually the hardest. It takes a little grit to complete a ten day fast. Take a cold towel sponge bath both night and morning and a warm two quart enema every night before retiring. The more the system is saturated with toxic poison, the harder it will be to fast. A ten day fast will do wonders in cleansing the system of impurities. In breaking the fast the following Mono Diet Plan should be followed rigidly.

FIRST DAY

Breakfast—The juice of a sweet orange sipped or taken slowly through a straw.

Luncheon—One-half glass of milk taken slowly through a straw.

Dinner—One-glass of milk taken slowly through a straw.

T H E M O N O D I E T

SECOND DAY

Breakfast—One large baked apple or a half pint of stewed peaches, prunes, plums or pears if in Temperate Zone or one half of large grapefruit or one large banana if in Torrid Zone.

Luncheon—One pint of plain stewed carrots, beets, parsnips or string beans with a little butter.

Dinner—An ordinary sized bowl of vegetable, bean, barley, tomato or potato soup.

THIRD DAY

Breakfast—Two heaping tablespoons of scalded wheat bran with a pint of stewed native fruit or ripe raw fruits.

Luncheon—One extra large or two medium sized baked potatoes with butter.

Dinner—One large bowl of stewed sweet corn, peas or succotash.

T H E M O N O D I E T

FOURTH DAY

Breakfast—An ordinary sized bowl of steamed cracked wheat with butter and a little sugar.

Luncheon—A medium steak, or roast beef, lamb or chicken, with lettuce or some other green food served without vinegar.

Dinner—Three or four baked apples or a quart of stewed or raw native fruits.

FIFTH DAY

Breakfast—An ordinary sized bowl of steamed rolled oats with butter and a little sugar.

Luncheon—One quart of stewed native fruits or the equivalent in raw fruits.

Dinner—A large bowl of plain stewed carrots, or beets, parsnips, asparagus or boiled cabbage without vinegar.

SIXTH DAY

Breakfast—An ordinary sized bowl of milk toast.

T H E M O N O D I E T

Luncheon—Baked fish, roast beef, lamb or chicken with lettuce or some other green food.

Dinner—Bran bread or bran gems or graham gems, etc., with butter and honey.

The above outline for the six-day period affords a clear idea of how to adopt and follow the Mono Diet plan. A glass of water or a cup of Postum is permissible with all meals. I have purposely omitted pastries and most of the starches. Fruit should predominate in one meal, a little starch in another and vegetables in another. One can eat freely and until satisfied of the food selected for the meal. A ten-day fast and the Mono Diet are excellent in severe cases of stomach disorders and a month's trial will prove the merit of the plan.

In remedying stomach disorders, Breathing Science plays a most important part. My system of Correlated Breathing Science should be practiced along with the Mono Diet, as it will strengthen and give new life to the digestive system.

I WRITE with authority on the major cause of these common ills: Stomach coughs, tonsilitis, sore throat, bronchitis, catarrh, asthma and hay fever. For fifteen years I have been a Reader, Entertainer and Lecturer. In the beginning of my career I would often be seized with a severe cough, cold and sore throat a day or two before an important entertainment or lecture. Like scores of others I resorted to all kinds of cough drops and medicines to put my throat in condition. I have had to cancel many engagements on account of the condition of my throat. I failed to secure a year's contract with a Lecture Bureau because I didn't have sense enough to avoid tea, coffee, starches in excess and acid fruits which produced a bad gaseous condition of the stomach and irritated the membranes of the throat and nose. From bitter experience I know the effects of a foul, acid, gas-filled stomach on the membranes of the throat and nose. Thousands of needless operations are performed on the Tonsils, Throat and Nose. In my judgment, the biggest piece of foolishness in the world is to try and cure an annoying stomach cough with cough syrups, bronchial trochies and cough drops and to per-

form operations on the Tonsils, Throat and Nose when the underlying cause of these ills lies in a gas-filled, highly inflamed, disordered stomach. When food concoctions foment in the stomach, vile, poisonous gases, which irritate and highly inflame the delicate membranes of the Throat and Nose, are generated. The throat becomes irritated and inflamed. There is a constant tendency to cough and raise the phlegm that forms. The nose becomes filled with mucus and shortly catarrh manifests itself. In some cases the irritation is accompanied by a dry, hacking, annoying cough, known as the stomach cough. These coughs stick closer to one so afflicted than a brother. The season of the year when stomach coughs, tonsilitis, bronchitis, sore throat and catarrh is most prevalent is from the middle of January until the first of July. During the summer months when people live mostly on green foods, fruits and drink freely of water, these ills are scarcely known. The trouble begins when the diet is changed from the green foods and fruits to the diet of bread, sweets, pastries, meats, potatoes, tea and coffee—a starchy diet. Following the Thanksgiving gluttonous food spree and the holiday de-

bauch on rich candies, starches and fats, and the continuance of the starchy diet to the exclusion of fruits and green foods, Stomach Coughs, Tonsilitis, Bronchitis, Sore Throat, Colds and Catarrh are very prevalent. These ills often continue well into the summer, leaving in their wake Asthma and Hay Fever, which ultimately become chronic. Medical treatment has little or no effect on these ills. Frequently one hears the remark, "I have taken several bottles of Cough Syrup and my cough is no better." To free the system of an annoying stomach cough, the stomach must be put in condition by eliminating the starches. More can be done for Asthma and Hay Fever by regulating the diet than in any other treatment. The best method of treating these ailments is—stop all starchy foods for at least two weeks; for breakfast, eat ripe, raw or stewed native fruits (see chapter on fruits); plain stewed vegetables or vegetable soup for dinner; roast or broiled meats with green foods for supper. When the cough has ceased and the irritation and inflammation have disappeared from the throat and nose, eat starchy foods only once per day, preferably at dinner (see chapter on starchy foods).

SPECIAL NOTE

Spasmodic cases of Asthma, stubborn cases of Catarrh and Hay Fever of long standing often require a thorough course in Breathing Science in connection with the diet suggested above to effect a complete cure. In many cases of catarrh the breathing tract almost closes up, breathing becomes very difficult, the sufferer being very short of breath, and often compelled to breathe through the mouth. The same condition often prevails in Asthma and Hay Fever. If any difficulty whatever is experienced in breathing, I suggest that you enroll at once for my course in Correlated Breathing Science, which will open up the breathing tract, give free breathing, remove shortness of breath, prevent mouth breathing, insure full lung capacity and prove a lasting benefit in many ways.

One cannot estimate the health-producing value of my course in Breathing Science in dollars and cents—in fact one should not even consider it an expense, but a gilt-edged investment that will return compound interest in increased health and happiness.

“**H**OW can I reduce my weight,” is a question uppermost in the minds of people burdened with an excess of Adipose tissue. It is a recognized fact that obesity is caused by the overeating of fats, sugars and starches and the undereating of foods containing mineral salts. It is a common remark of the overweight class to say, “I’m the smallest eater in the family.” One may be the smallest eater in the family, yet upon investigation the foods eaten are foods of a fat-producing nature. A large, fat woman once remarked to the writer, “I never eat much. All I eat in the morning is coffee cake and drink a cup of coffee.” This wasn’t much in her opinion, yet she did not realize that the coffee cake was causing the trouble. To reduce weight the diet plays a tremendous part. The majority of obese people are afflicted with such ailments as enervation, a weak heart, gout, rheumatism and a tendency to Apoplexy. The quickest way to reduce the weight is to change the eating from a diet of fats, sugars and starches to a diet of native fruits and vegetables. Activity and copious draughts of oxygen supplied by Correlated Breathing Science will prove a great aid in reducing the fat cells. All medicines to

W E I G H T R E D U C I N G D I E T

reduce weight should be avoided, as the after effects are often quite serious. A safe reduction is at the rate of one to two pounds a week. When the surplus Adipose tissue is removed at the rate of a pound a week, the skin will be left in a firm, elastic condition. A fast reduction usually leaves the skin hang on the body like a sack. Should one desire to reduce twenty-five pounds, twenty to twenty-five weeks should be the time limit. A fifty-pound reduction should require one year. The eating of an excess of sugar and starches reduces the alkalinity of the blood, and when the alkalinity is low the power to assimilate tissue—or cell—salts is almost lost. As the lack of tissue salts is the chief cause of overweight, the weight-reducing diet should be rich in tissue-salts, which are found in abundance in green foods and vegetables. To get the full benefit of tissue-salts, the water in which vegetables are cooked should be eaten as a broth with the vegetables. The cook who drains the vegetable broth in the sink possesses only rudimentary knowledge of cooking. The mineral salts of the vegetables are needed to give stability to the body. The best way to begin the process of weight reduction is

W E I G H T R E D U C I N G D I E T

an absolute three-day fast. During the fast drink water freely. After the fast eat one fruit meal, one *very light starch* meal and one vegetable meal. The following classification of "*Fat Producing and Non-Fat Producing*" foods and the accompanying diet plan for ten days will prove a good guide to one desiring to reduce.

F A T P R O D U C I N G F O O D S

I class the following foods as decidedly fat producing because they are rich in starches and fats:

Sweet and Irish potatoes, corn, wheat, rye, barley, rice, tapioca, dry beans and peas, white flour pastries, buckwheat cakes, pork, veal, bananas, cornstarch, preserves, salmon, sausage, greasy soups and gravies, butter, fats, oils, candies and sugar.

N O N - F A T P R O D U C I N G F O O D S

I class the following foods as non-fat producing because they abound in mineral salts:

Spinach, asparagus, rhubarb, tomatoes, cucumbers, string beans, green peas, beets, cabbage, carrots, cauliflower, sweet oranges, raw or cooked ripe native

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fruits, celery, summer squash, egg plant, endive, (stewed) greens, okra, onions, oyster plant, parsnips, turnips, stewed prunes, vegetable and native fruit salads, cranberries, baked apples, strawberries, melons and all other berries.

T E N - D A Y D I E T O U T L I N E

During the first three days (if the fast is adopted) no food whatever should be eaten. While the fast is in progress drink freely of water whenever the desire for food arises. The third day will be the hardest, yet the fast will prove a great benefit, as it frees the system of the accumulated food mass.

F O U R T H D A Y

Breakfast—One cup of hot water and a pint of cooked or ripe raw native fruits.

Luncheon—One glass of water or creamed buttermilk. One or two slices of bran or whole wheat bread and a baked or a boiled potato.

Dinner—One cup of hot water and an ordinary sized bowl of stewed carrots, parsnips, or

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beets with the broth. Dress the vegetable with a little pepper, salt and butter.

FIFTH DAY

Breakfast—One cup of hot water and a pint of ripe raw or stewed native fruit.

Luncheon—One glass of water or creamed buttermilk. One or two bran or graham gems and a moderate service of either cooked dried beans or peas.

Dinner—One cup of hot water. Boiled cabbage, string beans, green peas or onions.

SIXTH DAY

Breakfast—One cup of hot water. A pint of ripe raw or stewed native fruit or two or three baked apples or a service of the various berries in season.

Luncheon—One glass of water or creamed buttermilk. A bowl of steamed rice dressed with butter and a little sugar. Bran or whole wheat bread.

W E I G H T R E D U C I N G D I E T

Dinner—One cup of hot water. A moderate sized service of roast lamb or chicken or baked fish with a service of lettuce, spinach or other greens without vinegar. A little butter, pepper and salt is sufficient for the dressing.

S E V E N T H D A Y

Breakfast—One cup of hot water. A large bowl of stewed prunes or two or three baked apples.

Luncheon—One glass of water or creamed buttermilk. One or two sweet or Irish potatoes and graham or bran gems and butter.

Dinner—One cup of hot water. An ordinary sized oyster bowl of stewed carrots, parsnips or beets.

E I G H T H D A Y

Breakfast—One cup of hot water. A glass of milk, a small piece of cheese and prunes.

W E I G H T R E D U C I N G D I E T

Luncheon—One or two glasses of water or buttermilk. A bowl of steamed rice and whole wheat bread and butter.

Dinner—One cup of hot water. A moderate sized service of baked fish with lettuce or spinach or other greens.

N I N T H D A Y

Breakfast—One cup of hot water.
Two or three baked apples.

Luncheon—One glass of water or buttermilk. Cooked dried beans or peas. Bran bread and butter.

Dinner—One cup of hot water.
String beans, green peas, onions, spinach or cabbage.

T E N T H D A Y

Breakfast—One cup of hot water.
Two scalded shredded wheat biscuits with a little butter and sugar and one pint of stewed native fruit.

W E I G H T R E D U C I N G D I E T

Luncheon—One glass of water and buttermilk. Boiled, mashed or baked potatoes, bran bread and butter in moderate quantities.

Dinner—One cup of hot water. A moderate sized service of chicken or fish and a vegetable salad made of equal parts of ripe or canned tomatoes, celery and cucumbers. Dress with a little pepper, salt and sugar.

It will be observed in the above ten-day diet plan that I have allowed starches in the noonday meal. The luncheon of starches should be very light. In reducing one should strive to get along with as little food as possible. One can eat to satisfaction of fruits and vegetables, as they are non-fat producing. The best dressing for lettuce and other green foods is a little pepper, salt and sugar. Vinegar, oils and fancy dressings should be omitted altogether. Along with the diet one should take my course in Correlated Breathing Science as it will prove a great aid in giving form, plumpness and beauty to the body and a keen, active mind.

FOR ages mankind has been afflicted with a disease called rheumatism. To the best of my knowledge there is still much doubt among medical men as to what rheumatism really is and its real cause. It is the consensus of opinion that the disease is due largely to an acid condition of the system. Whatever the cause of the ailment is, one thing is very certain, it exists and painfully afflicts many people. If the disease is caused by an acid condition of the system, then the acid condition, being an unnatural one, is only the indirect cause and the real cause lies in what produces the acid condition. In seeking out the cause of a common ailment like rheumatism, in my judgment, it is necessary to determine the season of the year when the disease is most prevalent and the nature of the foods eaten during this season. Twenty years of observation reveal the fact that rheumatism is more prevalent from the first of February until the middle of July than at any other season of the year. It is more or less prevalent throughout the year, but the climax is reached during the winter and early spring months. It is less prevalent in hot weather. And why is this? The facts are these: During the summer's

heat the average man lives mostly on green foods and vegetables, drinks water freely and perspires profusely. The stomach is kept in a much healthier condition and a constant process of elimination is carried on through the copious water drinking and the free perspiration. The poison that causes rheumatism is literally driven out through the pores of the skin. The appearance of pain in the body is evidence of a congestion or an accumulation of toxic poison from which the system is trying to free itself. As the heat of summer subsides and winter approaches, perspiration almost ceases, the pores close up and the poison is retained in the blood and tissues, producing auto intoxication. In addition to the checking of elimination, the diet is changed from green foods, vegetables and copious water drinking to a hodge-podge of starches, fats, meats, citrus fruits, sweets, tea and coffee. The stomach becomes foul and filled with poisonous gases, which produce a high acid condition. The blood and tissues become congested with poisonous, effete matter, the tongue carries a white coat, the breath becomes very offensive, shooting pains arise in different parts of the body and much suffering ensues. In

R H E U M A T I S M

order to ease the pain, the sufferer drenches the system internally with medicines that ruin the stomach and then applies hot liniments externally that further clogg up the pores and prevent elimination. It is the judgment of the author that the real cause of rheumatism lies in wrongly combined foods and in faulty elimination. To remedy the ailment and prevent future attacks, the stomach must be put in a normal condition, the sweat glands must be kept active, and the blood must be thoroughly oxygenated to free it of the accumulated poisons. Regulate the diet according to the principles of Zone Food Science and enroll for my course in Correlated Breathing Science and get my further advice on ridding the system of rheumatism.

Zone Food Science Insures Better Health.
Correlated Breathing Science Builds Human Energy.

N E R V O U S D I S O R D E R S

THIS is an age of "high strung nerves." Never before in the history of mankind have nervous disorders been so prevalent as today. Neurologists agree that all forms of nervous ailments, resulting in nervous prostration, suicide and insanity, have increased tremendously in the past decade. And to the observer the reason is obvious. The human race has been traveling at high speed. The "Mile a Minute Life" one leads, the excitement and strain of the "World War," overwork, over-eating, worry, the excessive use of stimulants and narcotics and the struggle for supremacy have literally torn the nervous systems of thousands to shreds and the unfortunate victims of "Nerves" cry out for some remedy to calm, soothe and restore the impaired nerves to a normal state.

A well balanced Nervous System is a precious health asset. An even balance between the nerve and physical forces should be maintained. When one has been under a severe nerve strain and becomes strung up, the nerve tension should be relaxed by some form of physical recreation. Few there are who know how to relax and rebuild their Nerve Force.

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They are constantly on a high tension and become victims of their nerves. The vast majority are led around by their "Itching Nerves" like animals are led to their slaughter. Every little nervous impulse is obeyed and no effort made to thwart its demands. The constant yielding to the demands of the nerves often results quite seriously. The overwrought, high-strung nervous individual is his own worst enemy. Out of harmony with himself and irritable and cross to those about him, he makes mountains out of "mole hills" and cannot understand why the world is so unkind. In his "Mind's Eye" he is right and everybody else is wrong. He runs from doctor to doctor, who find nothing wrong, yet he knows there is something wrong. It is a plain case of Nerve Exhaustion—Lack of Nerve Force. His greatest need is to learn to relax, rest and build up his Nerve Force and strike an even balance between his nerve and physical forces.

Nervous Systems differ in intensity. Some possess slow, dull nerves, are slow brained and fall behind in the onward march of progress. Others have quick, sensitive nerves, are mentally alert and

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ever ready to grapple with the big, higher things of life. To be sensitive nerved is an admirable characteristic for sensitive nerved men and women stand in the forefront of the world's progress. All the nobler, finer phases of civilization are the children of sensitive nerves. The Nervous System responds to care and culture. The slow, dull nerved person can be quickened; the high strung, sensitive nerved individual can be toned down and both will benefit wonderfully by proper care and culture of the nerves.

The care of the nerves is the greatest need of the age. Nerve Force means everything—your health, your happiness, your success in life. One should know how to relax, calm and soothe the nerves so that after a severe nerve strain you can rebuild your lost Nerve Force and keep yourself physically and mentally fit.

Your nerves are the most precious possession you have. Through them you experience all that makes life worth living; for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition,

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temperament. The finer your brain is, the finer and more sensitive is your nervous system, and the more imperative is it that you care for your nerves.

The noted British authority on the nerves, Alfred T. Schofield, says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves should be in order." And the best means yet devised for putting the nerves in order and keeping them in perfect order is the Ogden System of Correlated Breathing Science.

Zone Food Science Insures Better Health.

Correlated Breathing Science Builds Human Energy.

THE God-given heritage of every son and daughter of earth is health and happiness. Are you healthy and happy? You ought to be. And if you are not there's something radically wrong with life's machinery. Lack of lung capacity is the cause of the ills that are so closely hinged to modern life. Mental depression, nervous exhaustion and that all-in feeling which blankets ambition and keeps in check the spirit of energy are the direct results of a low degree of lung power. There is a sane and scientific way by which one can keep in perfect health.

It was not a part of the Divine Plan for humanity that men and women should be ill and afflicted with all the aches and pains "that flesh is heir to." What we need above all else is strong lungs and the knowledge that will enable us to use their full capacity. This statement may jolt you like a thunder-crash from the sky, yet it is the vital truth, for our very life depends on the air we breathe. After man was created he was only so much clay until the Father of all breathed into his nostrils the breath of life and man became a living soul. Breathing science is our most val-

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uable asset and a multitude of ills disappear like fog before the rising sun when the entire lung capacity is utilized and Nature pumps in the vitalizing oxygen that fills one with the thrill of the joyous life.

As the American Beauty rose is the result of careful culture, so is man's health and happiness. The rose receives its beauty from the sap within the stem on which it grows, and man's mental and physical stamina depend on the working capacity of the lungs to keep the blood stream pure and in a condition to nourish the tissues properly. Everything in Nature grows from within out and the outward appearance is only the manifestation of the hidden, inner life. Within the human body are hidden, dormant powers of health and happiness awaiting one's conscious, thoughtful, intelligent direction to bring them to full maturity. Without one's intelligent direction, these forces lie dormant and the individual can be said to be only half alive. We are far below par mentally and physically and grope along blindly occupying a mediocre position because the vital health producing powers are in a stagnated condition. To attain one hun-

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dred per cent mental and physical efficiency the stagnated forces must be aroused and developed to full strength. To accomplish this full development of the vital forces, Correlated Breathing Science is the best means known.

Let's be quite practical. View the body as it really is. Compare the trunk of the body to a two-story house. The great diaphragm muscle forms the floor of the upper story and the roof of the lower story. In the upper story we find the lungs constituting the purifying plant and the heart—the pumping station. The lower apartment holds the stomach, spleen, liver, kidneys, small and large intestines and the organs of excretion. The health of the organs in the lower story depends on the health and strength of the organs in the upper. If the lungs are in a weak, sub-normal state (and this condition exists in the majority of people) they fail to thoroughly purify the blood and the heart pumps impure, vitiated, stagnant blood down to the organs below, thus impairing their health. No sane man will deny but what pure, rich blood is the key to a healthy mind and body. One's power is developed

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within the body between the shoulders and hips. The organs of the body must be considered a unit. Each vital organ must be placed in a position to do its part, and all of the organs must work in perfect harmony under our conscious, intelligent direction to produce that joyful state—health and happiness.

The most important agent in bringing about a perfect functioning, vigorous, healthy set of vital organs is Correlated Breathing Science. I repeat that the body's power is developed internally and not externally. Breathing science is to the body in developing power what steam is to an engine in furnishing driving power. As a certain steam pressure is required to move the engine at high speed, so is a certain air pressure in the lungs absolutely necessary for man to attain the most there is in life. We can safely say that air is life and Breathing Science is the Vital Force of Life. One can go days without water, weeks without food, but not five minutes without air. So essential is air to life that the moment it is withdrawn from the body death results. Important as Breathing Science is to the general health,

I repeat what I said in the chapter on Lung Culture, "that the subject of breathing is grossly misunderstood and not five people in a hundred know how to breathe correctly or use the full capacity of the lungs as a means of building up the health." The vast majority are far below normal in lung development and this low lung power deprives the body of disease resisting power. The body becomes a breeding place for disease. When the lungs are fully active and worked to capacity, the body possesses a high degree of resistant power, the blood becomes pure, the mental faculties keen, the muscles firm, aches and pains disappear, ambition and energy return and one feels the thrill of new life pulsating in all parts of the organism. Correlated Breathing Science makes life worth the living.

It is truly wonderful the part Breathing Science plays in health. Every movement of the body has its Correlated Breathing movement. In walking slow, the breathing is slow; in walking fast, the breathing is fast; in running the breathing is still faster, and if the speed is increased one breathes hard and fast like a horse puffs, blows and snorts in a race. If running at high speed is continued for any

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length of time, one receives a stitch in the side, which shows that air is being forced into partially active air cells. All of the air cells finally become active and the full capacity of the lungs is utilized. Among athletes this full breathing is called the "Second Wind." And this "Second Wind" is absolutely necessary to enjoy the greatest degree of health and happiness. It is not necessary for one to be an athlete to attain the "Second Wind." My system of Correlated Breathing Science produces it in an easy, pleasant way. In twenty years of experience in instructing thousands in the Science of Breathing I have observed that ninety-eight per cent of the people are trying to fight life's battles and be successful on what I term "First Wind." In other words, they strive to drive a "Cole 8" with a Ford engine. As long as they run on level roads they get on quite well, but in climbing hills, where power is required, they fall behind. To make the greatest success of life man needs his second wind, and the Ogden System of Correlated Breathing Science imparts to man his "Second Wind" and gives him an abundance of mental and physical energy to climb to the top of life's hills successfully.

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A bit of my own experience may help the reader to comprehend what Correlated Breathing Science can do for the average human being. An acute attack of bronchial pneumonia at the age of four left me in a weakened, catarrhal condition. The best physicians were consulted, their medicines taken, but to no avail. Finally a physician advised me that my only hope of living more than two years was to seek a Western climate. This I could not do owing to the depleted state of my finances. I had reached my twenty-fourth year and had not known a well day since my fourth year. I grasped at every straw to obtain health. Fate led me into the science of breathing and my condition forced me to put forth a determined effort in my fight for life itself. Days, weeks and months passed. Step by step was slowly mastered and vigorous, buoyant health resulted. My chest, measuring 34 inches in the beginning, gradually increased to 42 inches; my weight increased from 131 to 180 pounds, and since I have known how to use the full capacity of my lungs my vital energy has hovered around one hundred per cent, and for nineteen years such ills as constipation, indigestion, biliousness,

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catarrh, bronchitis, insomnia, nervousness, headaches and auto intoxication have been unknown to me. I have an abundance of energy and am able to do the work of two ordinary men without ever being tired and draggy.

Words fail me in my endeavor to set forth the inestimable value of Correlated Breathing Science. When the revelation came to me that I had found a sane and scientific way to keep strong and healthy, that I had done for myself what physicians and medical specialists had failed to do—life seemed just one grand benediction, and I wanted to go right out and preach the Gospel of Correlated Breathing Science to those who, like myself, know what it is to lack buoyancy and recuperative power so necessary to a life which to be successful must be filled with the vigor of self-confidence.

Success in life is largely a matter of condition. There are a very few who can take up the handicap of poor health and play life's game to win. Good health is a most valuable asset and the quickest and easiest way to obtain it is Correlated Breathing Science.

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It was in the School of Personal Experience that I mastered the easy-to-follow system of Correlated Breathing Science. It is this system I send you by mail, a system that is a delight and not a drudge, a system that will make your life worth while.

*"Ah! What avail the largest gifts of heaven
When drooping health and spirits go amiss?
How tasteless then whatever can be given!
Health is the vital principle of bliss,
And exercise of health."*

—Thomson.

Thomson gave that verse of philosophy to the world. It is a gem of truth. It fits my own case to a "T." When I look back through the years and think of the weakling I was for twenty years and the splendid specimen of healthy manhood that I have been for the past nineteen years—I feel that I must share with mankind the knowledge that freed me from all of the old weaknesses. There are countless thousands today who are just like I was—catarrhal, draggy, easily tired, feeling most heavily the burdens of life and denied the joys and happiness of health. It was no physician's prescription that brought me out of the depths of despondency into the light of the life-giving truth. It was Correlated Breathing Science that aroused and

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developed my hidden inner forces and made me the strong, vigorous, healthy man I am today.

Before I had mastered Breathing Science nobody would have picked me out as a good specimen of humanity. The picture of myself at the age of 24, as presented in the first illustration, contrasts in a startling way with the man I am today at the age of 43, shown in the second illustration on the opposite page.

Enthusiastic? Yes. Why shouldn't I be? Correlated Breathing Science saved me from an untimely grave, has given me an abundance of mental and physical energy and enabled me to render suffering humanity a grand and noble service. During the past twenty years I have instructed thousands in all parts of the world in the wonders of Breathing Science. Their experience in gaining health has been similar to my own. I have perfected my system to the extent that it is far superior to anything ever offered. I have gone further into the Science of Breathing than any other living man. My system of breathing goes far beyond any method known today. It is unique in that it develops the inner,



*LaVerne G. Ogden
transformed from weakness
to vigorous health through
Correlated Breathing Science.*



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hidden powers to full strength and enables one to accomplish far more than he could under ordinary circumstances. As it has given me and thousands of others new hope, new life and a new power, so will it give you a new hope, a new power and a great driving force.

One can take ninety-nine other so-called systems of breathing, yet to get the real science of breathing my system of Correlated Breathing Science is an absolute necessity. My system is not only for the weak, ill and afflicted, but it is for those who are well and desire to keep well and enjoy a greater degree of success in life. I have devoted twenty years to the mastery of this subject and have something worth while to give you. You will miss many of the sweetest joys of life if you deprive yourself of the knowledge that the Ogden System of Breathing Science imparts to you.

Correlated Breathing Science strikes at the very root of human weaknesses. It is a method that gives to each vital organ the proper degree of strength so that it will play its part in the maintenance of the health of the whole organism.

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Correlated Breathing Science does away with all hard, rigid, tensing, straining and weight lifting exercises which overtax the heart. My system is an exact science so applied to the vital organs that it insures a strengthening of the heart, the developing of the full capacity of the lungs and a perfect functioning set of vital organs. It is Nature's way of keeping well.

Correlated Breathing Science prevents catarrh, bronchitis, colds and constipation. A Correlated Breather is free from catarrh, colds and constipation and always has vigorous health, great endurance and a sound constitution.

Correlated Breathing Science will do more for the health seeker than a change of climate. My lessons are graded so that they are adaptable to all men, women and children between the ages of six and ninety years. It gives health, strength and endurance to all and lengthens the years of one's life.

Correlated Breathing Science perfects the channels of elimination, frees the blood of toxins, straightens round

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shoulders, broadens narrow, contracted chests, steadies and strengthens weak, nervous, palpitating hearts and breaks up sleeplessness as well as nervousness. It is for the healthy as well as the afflicted.

Correlated Breathing Science purifies the blood, perfects the circulation, warms up cold hands and feet, beautifies the skin, improves the complexion and makes the body supple and vigorous.

Correlated Breathing Science will banish mental depression, give you a keen, active, alert mind and a pleasant personality that will make you a *sweeter dispositioned* and *more congenial human being* in the *home, business or society*. It will take the *grouch* out of *you* and make you years younger in appearance, thought and action.

I fully realize that my claims for Correlated Breathing Science may appear startling to one not familiar with the wonders of Breathing Science. However startling my claims may appear, all I ask is that before you doubt or condemn my statements that you be honest enough with

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yourself to put my system of breathing to the acid test. That is the fair way. One should never doubt or condemn that with which he is unfamiliar until he first investigates and proves it to himself. Many remain in poor health and fill a mediocre station in life because their brains are filled with cob-webs which prevent clear thinking. It is always best to keep an open mind. Correlated Breathing Science will clear the brain of cob-webs and enable you to take your place among men.

I make no flourishing guarantee, as is the custom of many. Remember, the cheaper and more superficial the product, the stronger and more superficial the guarantee. An article of merit needs no guarantee. I believe in frankness. I haven't anything to give away nor time to waste on curiosity seekers. I want men and women who are in dead earnest in this matter of health. If you are such a man or woman I want you to be my student.

In my course there are five richly illustrated, personal lessons graded to suit the age, condition and occupation of the student. The lessons require only a few minutes a day and will not interfere

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in any way with one's business or social life. The price is \$22.00, in two payments of \$12.00 with application and the remaining \$10.00 in thirty days, or \$19.00 cash with order. The cash price saves the student \$3.00 and me the expense of a detailed system of bookkeeping. The price is only a trifle when one considers the personal service I give to each applicant and the value of the course in promoting health and happiness.

I know that if you will be honest enough with yourself to take my course of Correlated Breathing Science and follow my advice in developing your hidden, inner forces to their full strength, you will become just as enthusiastic as I am. Correlated Breathing Science will double your mental and physical energy and give you a new lease on life in health and happiness.

The question of better health and a more prosperous and successful future now awaits your decision. Will you open your mind to the wonders of Breathing Science and come into possession of your *God-given* heritage of health and happiness?

CONFIDENTIAL HEALTH REPORT AND ENROLLMENT BLANK
FOR COURSE IN CORRELATED BREATHING SCIENCE

Date.....

Name.

Address.....

Age..... Height..... Weight..... Occupation.....

Give chest measure.....Waist measure.....

Have you any organic heart trouble.....Ever had the Flu....

Is tongue coated.....white.....or brown.....

Have you constipation.....Indigestion.....Catarrh.....

Are you nervous.....Do you sleep well.....

How many hours.....Ever been ruptured.....

Operated upon.....Refused insurance.....

Do you worry.....Feel rested upon arising.....

Do you use tobacco.....In what way.....How much.....

Do you desire a strong body, keen mind and good health.....

Write me a letter stating how you feel, just what you think is the cause of your trouble and tell me frankly of any sex or other disease you have had.

Cash Plan—Enclosed find \$19.00 (U. S. Money) to pay for my complete five-lesson course in Correlated Breathing Science.

Two-Payment Plan—Enclosed find \$12.00 (U. S. Money) as first payment on course in Correlated Breathing Science. I agree to remit the remaining \$10.00 by the end of 30 days.

How To Send Money—Send money by P. O. Order, Registered Letter, Express Order, Bank Draft, Personal Check, to LaVerne G. Ogden, 606 Andrews Building, Fifth and Race Sts., Cincinnati, Ohio.

Remember—In taking the Ogden System of Correlated Breathing Science you have everything to gain and nothing to lose. Why not start today?

LAVERNE G. OGDEN,
606 Andrews Building, Cincinnati, C.

LAVERNE G. OGDEN,

606 Andrews Building, Cincinnati, O.

Dear Sir—Enclosed find 75c (Money Order, Postal Order),
for which send one copy of your book, "Zone Food Science," to

Name.

Address.

For which I have collected sale price of \$1.00 and am retaining
25c as my commission for the sale.

Signed.

Address.

LAVERNE G. OGDEN,

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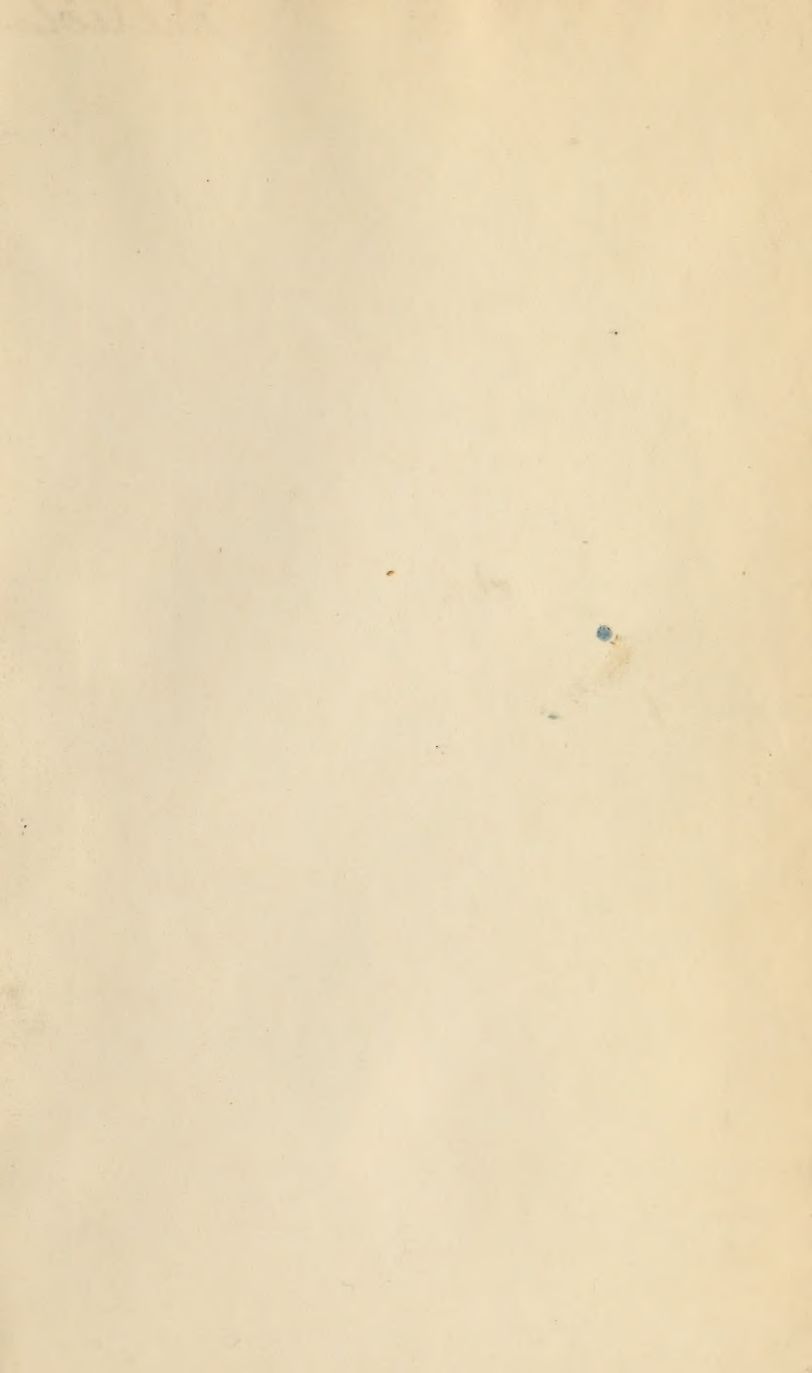
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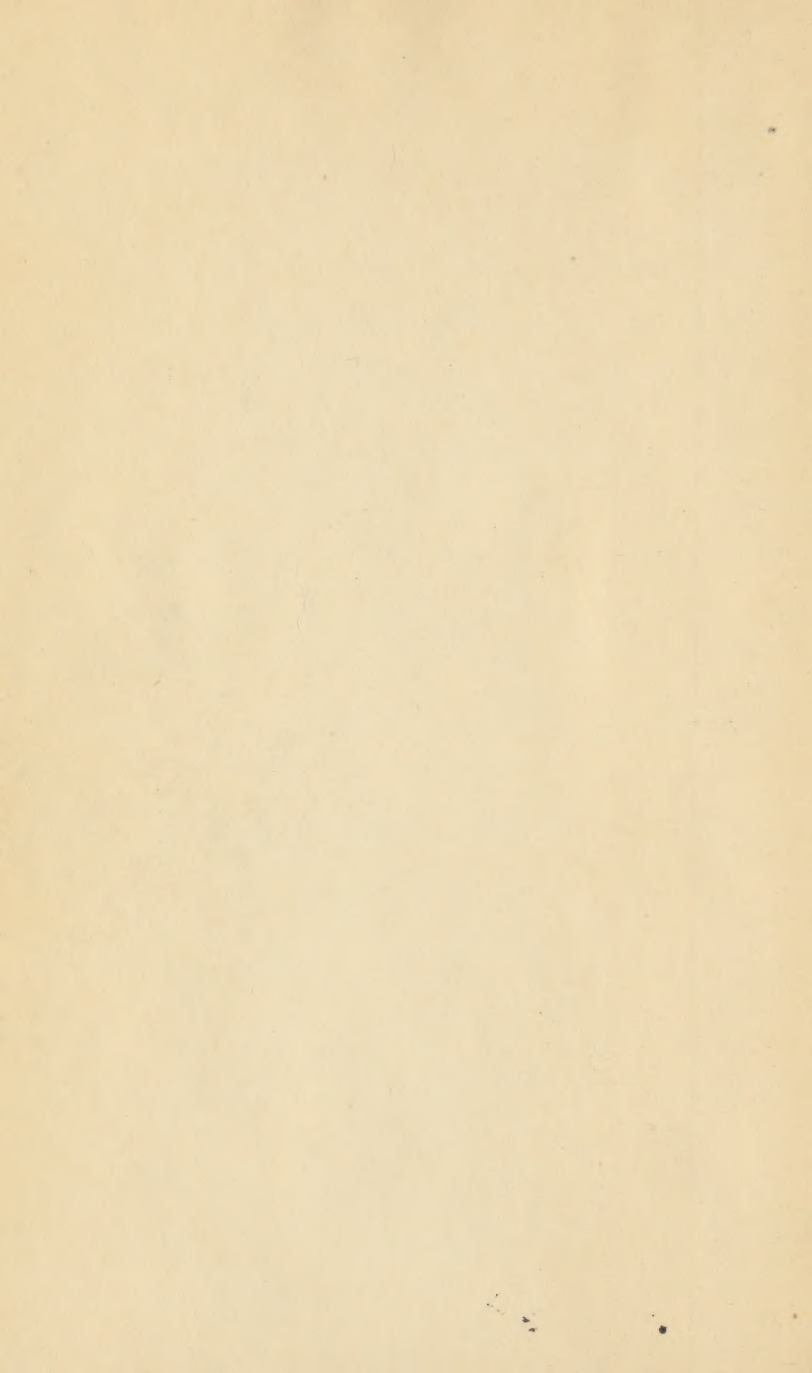
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